KEYS FITNESS

ENCORE 4500/6500HR   TREADMILL

OWNER'S MANUAL

Model Name EC4500/EC6500HR

Serial Number_____

Purchase Date_____

Write down for future reference.

Keys Technical Service, (888) 340-0482

KEYS **Fitness Products, LP**
P.O. Box 551239
Dallas, Texas 75239

keysfitness · **com**

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Specification Sheet

KEYS FITNESS

	EC4500	EC6500HR
◆ Horsepower (Continuous)	2.0hp	2.5hp
◆ Display Type	4 Window LCD	5 Window LED
◆ Electronics	Push button	Push button
◆ Pre-Set Programs	3	4
◆ Custom Programs	6	8
◆ User Programs	0	2
◆ Heart rate interactive	No	Yes
◆ Speed/Incline Toggles Switches	No	Yes
◆ Power Incline	0-12%	0-12%
◆ Roller Diameter	2.5"	2.5"
◆ Cushioned Deck	Yes	Yes
◆ Speed Range	0-10mph	0-10mph
◆ Belt Size	20 x 56"	20 x 56"
◆ Side Hand Rails	Yes	Yes
◆ Foot Print	32 x 71"	32 x 71"
◆ Foot Print Folded	32 x 26"	32 x 26"
◆ Warranty Motor	10 Years	10 Years
◆ Warranty Parts	2 Years	2 Years
◆ Warranty Labor	2 Year	2 Years
◆ Warranty Frame	Lifetime	Lifetime

Important Safety Information

1) **WARNING!** Before using this treadmill or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

2) **WARNING!** To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions *before* operation.
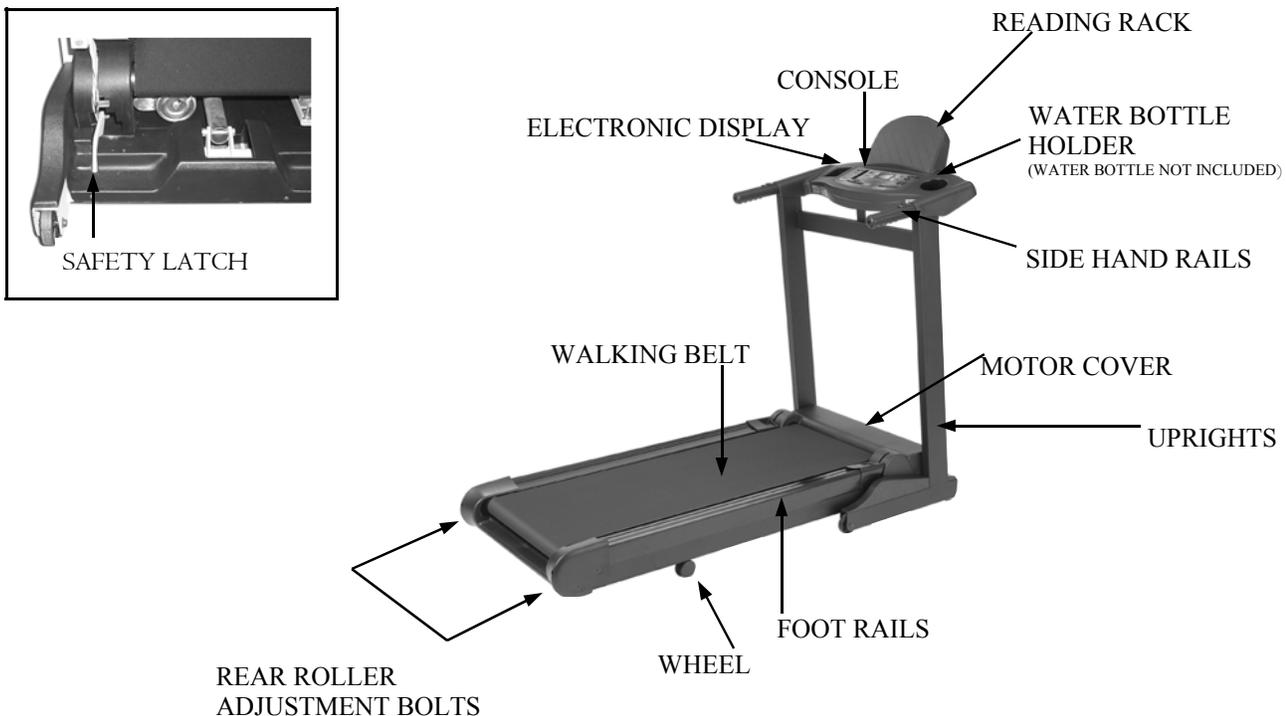
SAFETY PRECAUTIONS AND TIPS

♦ It is the owner's responsibility to ensure that all users of this treadmill have read the Owner's Manual and are familiar with warnings and safety precautions.

♦ This treadmill has a user maximum capacity of 275 pounds.

♦ The treadmill should only be used on a level surface and is intended for indoor use only. The treadmill should not be placed in a garage, patio, or near water and should never be used while you are wet. KEYS recommends a treadmill mat be placed under the treadmill to protect floor or carpet and for easier cleaning.

♦ Follow safety information in regards to plugging in your treadmill. Keep the power cord away from the incline wheels and do not run the power cord underneath your treadmill. Do not operate the treadmill with a damaged or frayed power cord.

♦ Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the treadmill with bare feet, sandals, socks or stockings.

♦ Always straddle the belt and allow it to start moving before stepping onto the belt.

♦ Hold on to handrails when adjusting speed, incline, or other controls.

♦ Always examine your treadmill before using to ensure all parts are in working order.

♦ Allow the belt to fully stop before dismounting.

♦ Pets should never be allowed near or on the treadmill.

♦ Do not leave children unsupervised near or on the treadmill.

♦ Never operate the treadmill where oxygen is being administered, or where aerosol products are being used.

♦ Never insert any object or body parts into any opening.

♦ For safety and to prevent damage to your treadmill, no more than one person should use the treadmill at a time.

♦ Always unplug the treadmill before cleaning and/or servicing. Service to your treadmill should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer. Failure to follow these instructions will void the treadmill warranty.

♦ Never leave the treadmill unattended while it is running.

Before You Start

Thank you for purchasing a KEYS treadmill! The ENCORE 4500/6500HR treadmill was designed to meet your needs for cardiovascular exercise.

Before you start, please read the Owner's Manual and become familiar with the operation of your new treadmill.

♦ **Remember to take the time to perform the stretching exercises provided on Page 6 to avoid injury.**

♦ Do not stand on the walking belt while pressing the Power button or Start/Stop button.

♦ Always adjust the speed of the treadmill in small increments as this treadmill is capable of high speeds.

♦ If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

♦ If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set treadmill programs or start an exercise program without first contacting and receiving approval from your physician.

♦ To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. KEYS recommends a sealed water bottle for beverages consumed while using the treadmill.

♦ **Please review the following picture below to familiarize yourself with the listed parts. This manual covers several treadmills, so the one pictured below may not be identical to your particular model.**

SAFETY LATCH

READING RACK

CONSOLE

ELECTRONIC DISPLAY

WATER BOTTLE HOLDER
(WATER BOTTLE NOT INCLUDED)

SIDE HAND RAILS

WALKING BELT

MOTOR COVER

UPRIGHTS

FOOT RAILS

WHEEL

REAR ROLLER ADJUSTMENT BOLTS

KEYS
FITNESS

EXERCISE GUIDELINES

WARNING!   Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH
Stand bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees , and back.

HAMSTRING STRETCH
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendons, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.

QUADRICEPS STRETCH
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

INNER THIGH STRETCH
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

Assembly, Moving Instructions

The EC4500 and EC6500HR is shipped in two pieces, please see assembly instructions below. After opening the box, remove any packing materials from the treadmill. Do not throw away any packing materials until the unit is working properly. Place the base on a clean, level surface. Make sure the electrical cord will easily reach an electrical outlet.

Assembly

See Figure 1

To attach End cap:

1. Place plastic end cap over exposed rear roller area.
2. Align holes in plastic end cap with pre-drilled holes in frame.
3. Loosely tighten each screw until all four screws are lined up.
4. Tighten all four screws snugly.

Moving

See Figure 2

CAUTION! TO AVOID THE RISK OF INJURY, NEVER ATTEMPT TO MOVE THE TREADMILL WHILE IT IS IN THE UNFOLDED OPERATING POSITON. TO REDUCE THE POSSIBILITY OF INJURY WHILE LIFTING, BEND YOUR LEGS AND KEEP YOUR BACK STRAIGHT. AS YOU RAISE THE TREADMILL, LIFT USING YOUR LEGS, NOT YOUR BACK. IN ORDER TO RAISE OR LOWER THE TREADMILL SAFELY, YOU MUST BE ABLE TO LIFT 45 POUNDS (20KG). IT IS SUGGESTED YOU ALWAYS USE THE AID OF A SECOND PERSON WHEN MOVING THE TREADMILL.

With the treadmill in the folded locked position (safety latch is engaged), grasp the handrails and place one foot on the base as shown in the photo below. Next, with a firm grasp on handrails, place one foot on the center of the base crossbar and carefully tilt the treadmill back until it rolls freely on the wheels. Using extreme caution, move the treadmill to the desired location. To set the treadmill down, place one foot on the center of the base crossbar and carefully lower treadmill onto base in resting position. Do not attempt to move the treadmill over an uneven or rough surface.
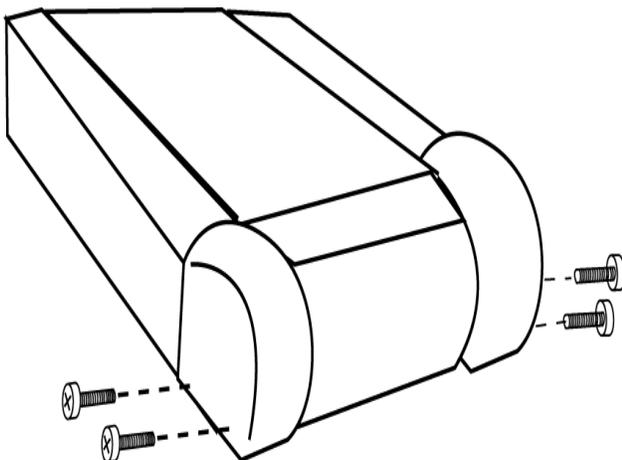
Figure 2

Figure 1

Power Requirements

IMPROPER CONNECTION OF THE EQUIPMENT GROUNDING CONNECTOR CAN RESULT IN A RISK OF AN ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE MAN IF YOU ARE IN DOUBT AS TO WHETHER THE PRODUCT IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THE PRODUCT, IF IT WILL NOT FIT THE OUTLET, HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.

This treadmill can be seriously damaged by sudden voltage changes in your home's electrical power. Voltage spikes, surges, and noise interference can result from weather conditions or from other appliances being turned on or off. To reduce the possibility of treadmill damage, always use a surge protector (not included) with your treadmill.

Surge protectors can be purchased at most hardware stores. The manufacturer recommends a single outlet surge protector with a UL 1449 rating as a Transient Voltage Surge Suppressor (TVSS) with a UL suppressed voltage rating of 400V or less and an electrical rating of 120VAC, 15 amps.

This treadmill must be grounded to reduce the risk of electrical shock. Grounding provides a path of least resistance for electric current, should the treadmill malfunction. This treadmill comes with an electrical cord having an equipment-grounding conductor and a grounding plug. Always plug the power cord into a surge protector, and plug the surge protector into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in the drawing below.

Console Functions and Descriptions
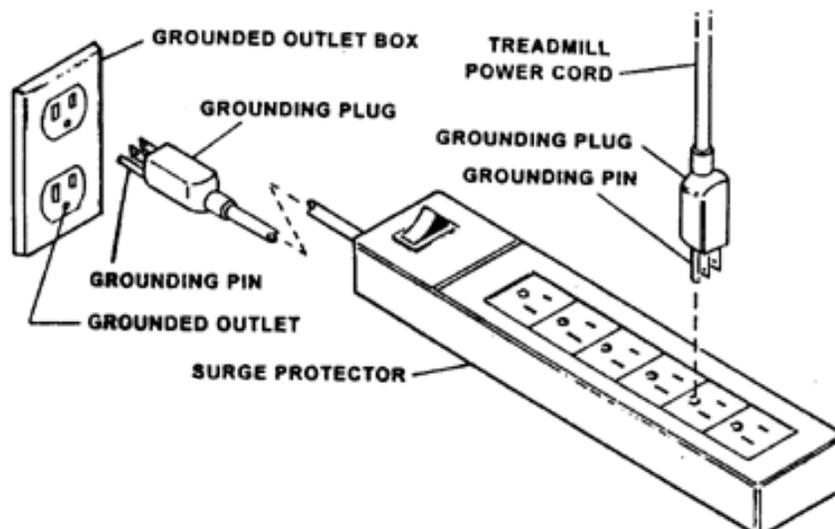
EC4500

There are four display windows on the control panel to provide feedback information.

TIME WINDOW

- ◆ **TIME:** Indicates elapsed time after pressing start in minutes and seconds (0-99 minutes, 0-59 seconds)

- ◆ **INTERVAL TIME:** Indicates countdown in seconds to the next interval starting at 5 seconds and counting to 0 seconds
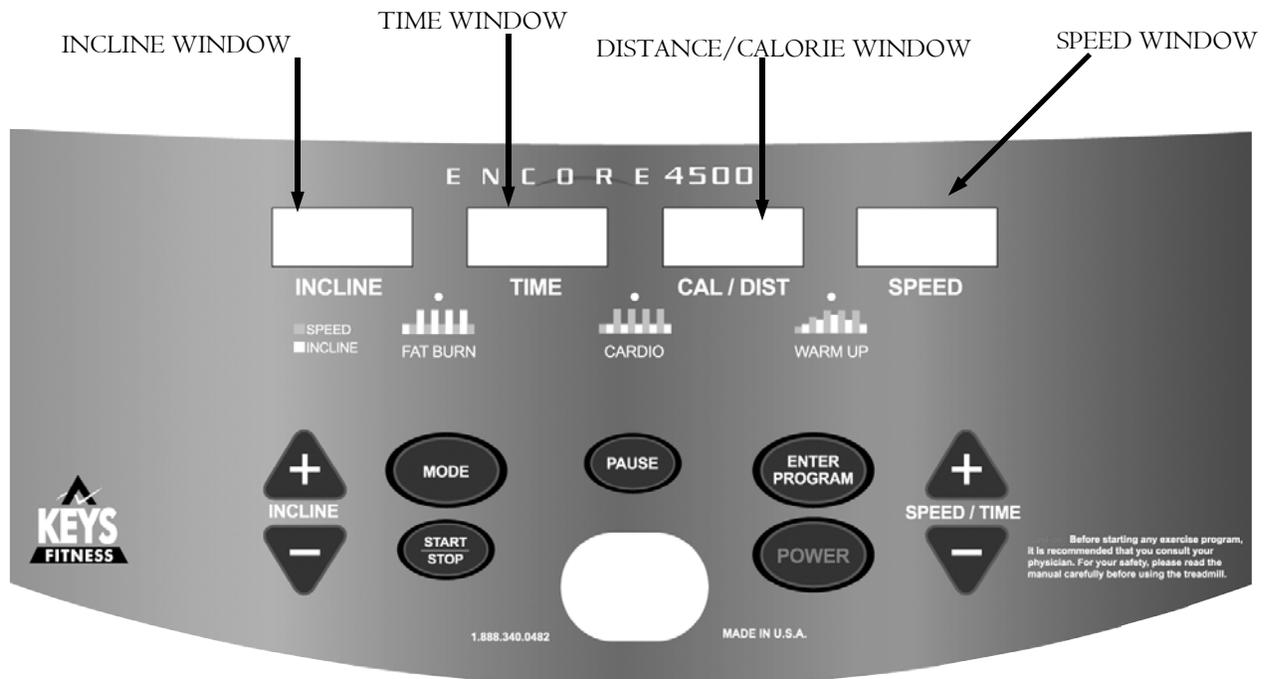
SPEED WINDOW

- ◆ **SPEED:** Indicates MPH (miles per hour) or KMH (kilometer per hour) in .1 increments

DISTANCE / CALORIES WINDOW

- ◆ **DISTANCE:** Indicates Miles or Kilometers traveled in .01 increments up to 9.99 and .1 increments starting at 10.0

- ◆ **CALORIES:** Indicates estimated calories used based on 150 lb. person at the indicated speed, incline, and time

INCLINE WINDOW

- ◆ **INCLINE:** Indicates incline in percent of grade 0-12% in .5 increments

Console Functions and Descriptions

EC6500HR

There are five display windows on the control panel to provide feedback information.

WORKOUT TIME/PACE WINDOW

♦ **TIME:** Indicates elapsed time after pressing start in minutes and seconds (0-99 minutes, 0-59 seconds)

♦ **INTERVAL TIME:** Indicates countdown in seconds to the next interval starting at 5 seconds and counting to 0 seconds

♦ **PACE:** Indicates amount of time required to complete 1 mile at current speed.

SPEED WINDOW

♦ **SPEED:** Indicates MPH (miles per hour) or KMH (kilometer per hour) in .1 increments

DISTANCE / CALORIES WINDOW

♦ **DISTANCE:** Indicates Miles or Kilometers traveled in .01 increments up to 9.99 and .1 increments starting at 10.0

♦ **CALORIES:** Indicates estimated calories used based on 150 lb. person at the indicated speed, incline, and time

INCLINE WINDOW

♦ **INCLINE:** Indicates incline in percent of grade 0-12% in 0.5 increments

CENTER BRICKYARD WINDOW

♦ Displays quarter mile track in Manual mode. Indicates position on track by a blink. In program mode, shows


TIME WINDOW

CALORIE/DISTANCE WINDOW

INCLINE WINDOW

CENTER BRICKYARD WINDOW

SPEED WINDOW

Program and Operating Instructions
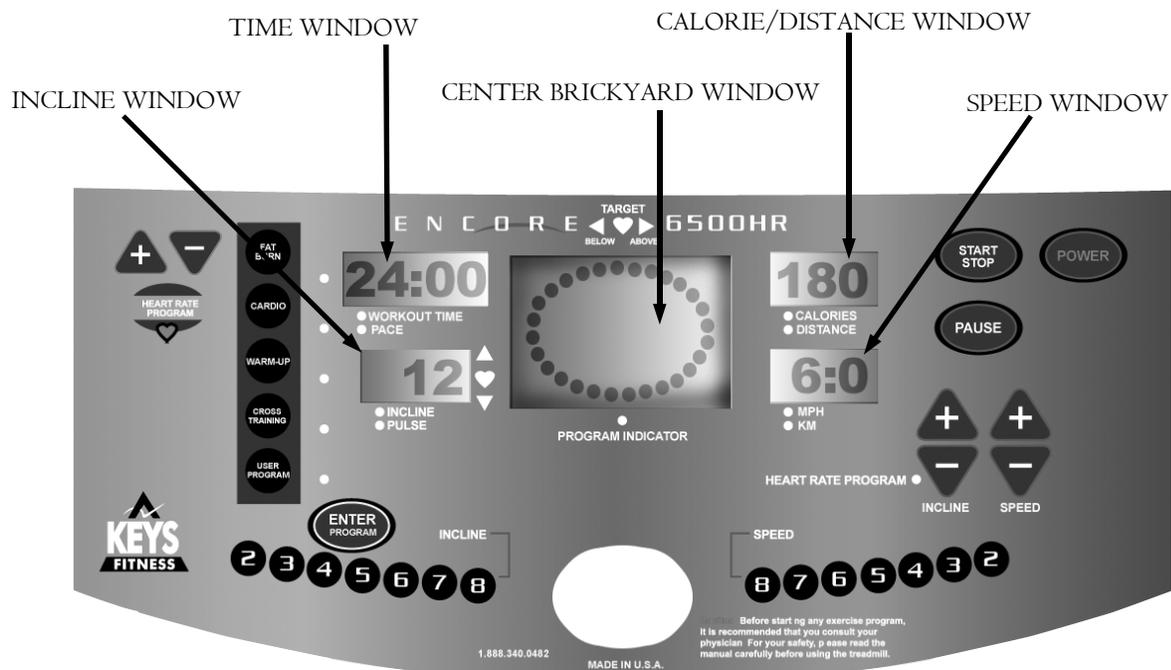
QUICK START / MANUAL MODE-EC4500

♦ Plug into a surge protector outlet. Attach **RED Safety Key** to treadmill console.

♦ Stand on the treadmill and straddle belt. Attach safety key clip to your clothes.

♦ Press POWER button.There will be an eight (8) second delay after pressing the POWER button before data can be entered. The TIME window will flash.

♦ Press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving. Speed or incline may be adjusted by using the appropriate + (increase) or – (decrease) buttons, or toggle switches on side hand rails.

♦ **To end your workout**, press START/STOP button. Belt will gradually slow to zero.

♦ **To pause your workout**, press PAUSE.

♦ **To re-start after pausing**: Press the PAUSE button. **WARNING**: **THE TREADMILL BELT WILL RESUME AT THE SPEED THE TREADMILL WAS MOVING BEFORE PAUS-ING.**

♦ **Countdown Time, Preset Speed and/or Incline**: Time, Speed, and Incline may be preset prior to getting started. After pressing the POWER button, the time window will blink. Use the SPEED + or – arrows to select your workout time, then press the ENTER PROGRAM button. The SPEED window will now be flashing. Using the same + or – arrows, select the speed for your workout, then press ENTER PROGRAM. Now the INCLINE window will be flashing. Use the INCLINE + or – arrows to set your workout incline, then press ENTER PROGRAM. To start, press the START/STOP button.

Program and Operating Instructions
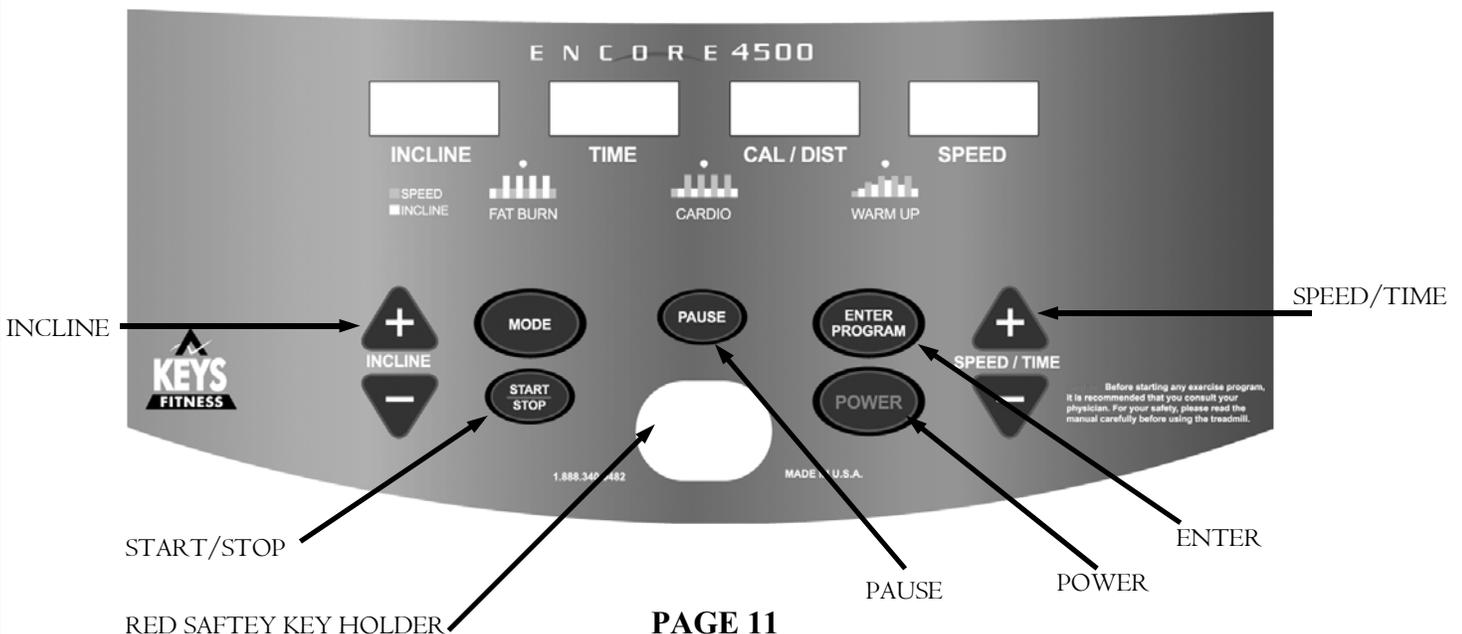
QUICK START / MANUAL MODE-EC6500HR

♦ Plug into a surge protector outlet. Attach the **Red Safety Key** on to the treadmill console.

♦ Stand on the treadmill and straddle belt. Attach safety key clip to your clothes.

♦ Press POWER button. There will be an eight (8) second delay after pressing the POWER button before data can be entered. The TIME window will flash.

♦ Press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving. Speed or incline may be adjusted by using the appropriate + (increase) or − (decrease) button.

♦ **To end your workout**, press START/STOP button. Belt will gradually slow to zero.

♦ **To pause your workout**, press PAUSE.

♦ **To re-start after pausing**: Press the PAUSE button. **WARNING**: **THE TREADMILL BELT WILL RESUME AT THE SPEED THE TREADMILL WAS MOVING BEFORE PAUSING.**

♦ **Countdown Time, Preset Speed and/or Incline**: Time, Speed, and Incline may be preset prior to getting started. After pressing the POWER button, the time window will blink. Use the SPEED/TIME + or − arrows to select your workout time, then press the ENTER PROGRAM button. The SPEED/TIME window will now be flashing. Using the same + or − arrows, select the speed for your workout, then press ENTER PROGRAM. Now the INCLINE window will be flashing. Use the INCLINE + or − arrows to set your workout incline, then press ENTER PROGRAM. To start, press the START/STOP button.
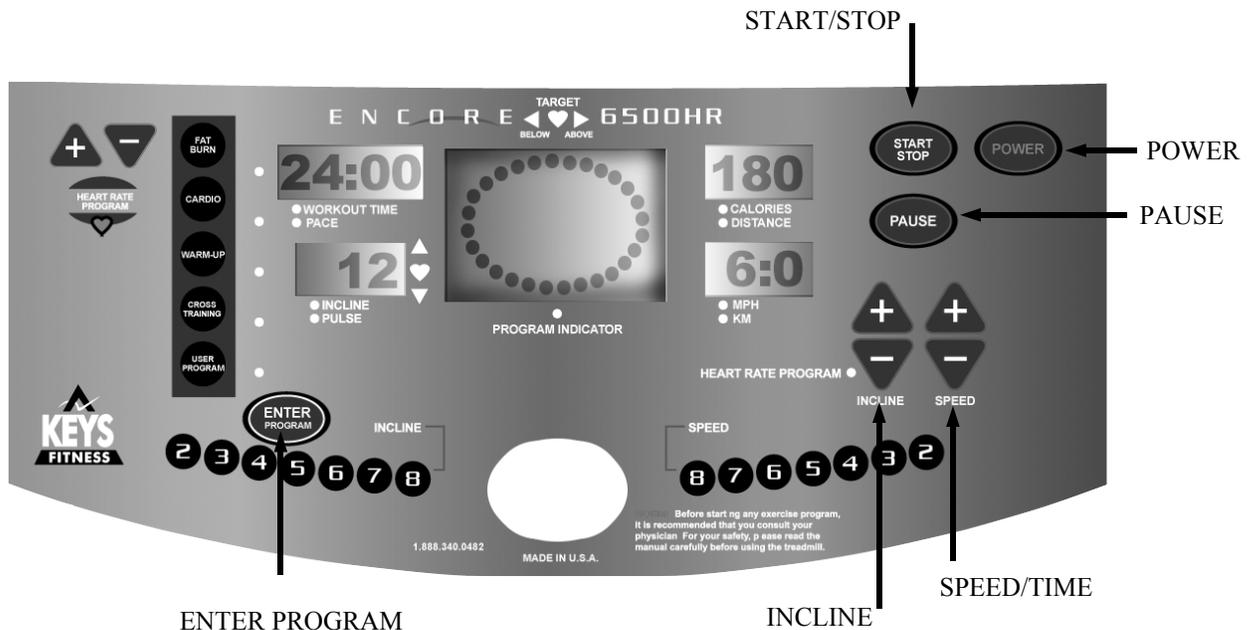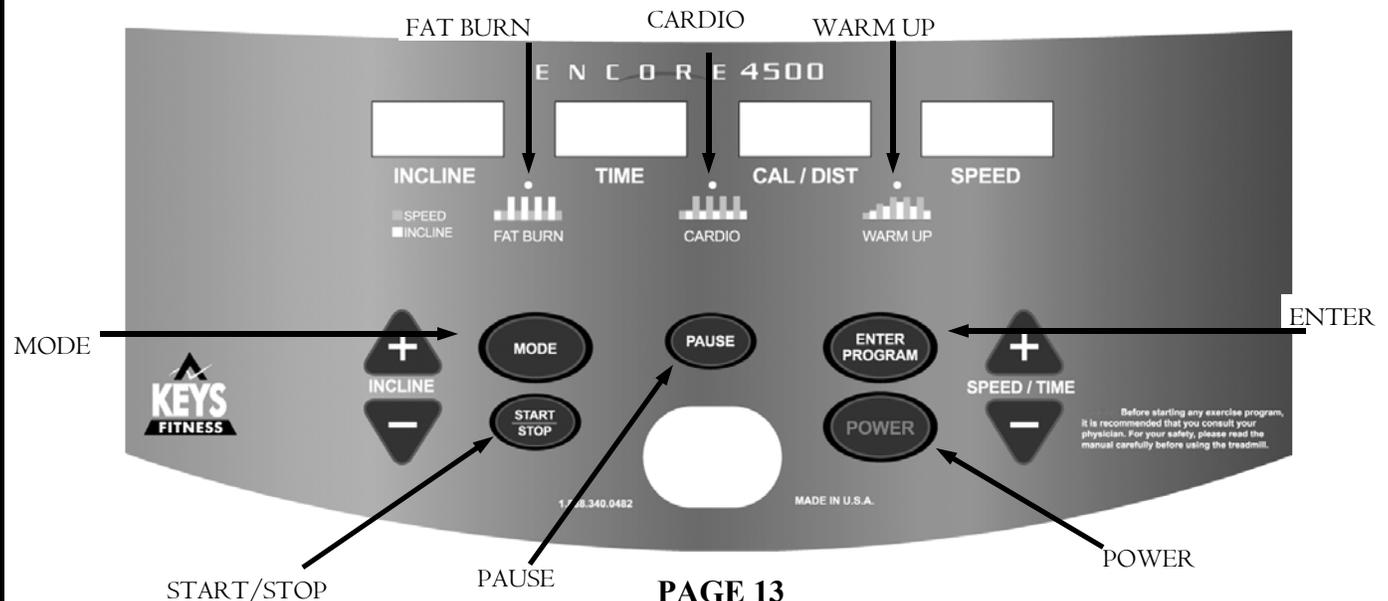
Program and Operating Instructions

PROGRAM MODE-EC4500

♦ Plug treadmill into a surge protector outlet . Attach <u>RED</u> Safety Key to treadmill console.

♦ Stand on the treadmill and straddle belt. Attach safety key clip to your clothes.

♦ Press POWER button. There will be an eight (8) second delay before data can be entered. The TIME window will flash.

♦ There are three (3) pre-set and six (6) custom pre-set programs on the EC4500. The treadmill includes FAT BURN, CARDIO, and WARM-UP programs. To select the program press the MODE button until desired program is illuminated on console display.

♦ Each of the pre-set programs can also be customized for your particular workout.

♦ **CUSTOMIZING PROGRAMS in P1 and P2 Mode:** Each pre-set program(Fat Burn, Cardio, Warm-up) can be customized in the P1 or P2 mode. After making the program selection, the CAL/DIST window will read "OP." The "OP" refers to "original program" and is preset. The program you select will illuminate on console display. Press the MODE button once more and the CAL/DIST window will read P1. The "P1" mode is now accessed. You can now program the Time, Speed, and Incline in P1 mode, which will be saved for future workouts.

1) The TIME window will blink. Use the SPEED/TIME + or − arrows to select your workout time. Press ENTER PROGRAM.

2) The SPEED window will then blink. Use the same + or − arrows to select the speed for your workout. Press ENTER PROGRAM.

3) The INCLINE window will then blink.Use the INCLINE + or − arrows to set your workout incline. Press ENTER PROGRAM.

To start, press the START/STOP button. To access P2 mode, press the MODE button for desired program, then press the MODE button again (once for OP, twice for P1, three times for P2). Follow the above steps 1-3 to customize P2 settings.

♦ **TO CHANGE A PREVIOUSLY PROGRAMMED P1 or P2:** Once you have programmed the P1 or P2 modes, you will need to use the PAUSE button to change the program you previously entered. For instance to change to a new setting in P1-FAT BURN, press the MODE button to reach the FAT BURN program, then once to access P1. Then press the PAUSE button to get the TIME window to flash. Follow the directions above to continue to change the program.

Program and Operating Instructions

KEYS FITNESS

PROGRAM MODE-EC6500HR

Plug treadmill into a surge protector outlet . Attach the **Red Safety Key** on to the treadmill console.

♦ Stand on the treadmill and straddle belt. Attach safety key clip to your clothes.

♦ Press POWER button. There will be an eight (8) second delay before data can be entered. The TIME window will flash.

♦ There are four (4) pre-set and eight (8) semi-custom pre-set programs on the EC6500HR. The treadmill includes FAT BURN, CARDIO, WARM-UP, and CROSS TRAINING programs. Select the program by pressing the appropriate button.

♦ Press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving.

♦ **CUSTOMIZING PROGRAMS in P1 and P2 Mode:** Each pre-set program(Fat Burn, Cardio, Warm-up, Cross Training) can be customized in the P1 or P2 mode. After making the program selection, the Calorie window will read "OP". The "OP" refers to "original program" and is preset. The program name you select will display in the diode light beside the program name. Press the same program button once more and the Calorie window will read P1. The "P1" mode is now accessed. You can now program the Time, Speed, and Incline in P1 mode, which will be saved for future workouts.

1) The TIME window will blink. Use the SPEED/TIME + or − arrows to select your workout time. Press ENTER PROGRAM.

2) The SPEED/TIME window will then blink. Use the same + or − arrows to select the speed for your workout. Press ENTER PROGRAM.

3) The INCLINE window will then blink. Use the INCLINE + or − arrows to set your workout incline. Press ENTER PROGRAM.

To start, press the START/STOP button. To access P2 mode, press the selected program button three times (once for OP, twice for P1, three times for P2). Follow the above steps 1-3 to customize P2 settings.

♦ **TO CHANGE A PREVIOUSLY PROGRAMMED P1, P2, or user program:** Once you have programmed the P1 or P2 modes, you will need to use the PAUSE button to change the program you previously entered. For instance to change to a new setting in P1-FAT BURN, press the FAT BURN button twice to access P1. Then press the PAUSE button to get the TIME window to flash. Follow the directions above to continue to change the program.

Program Instructions Heart rate
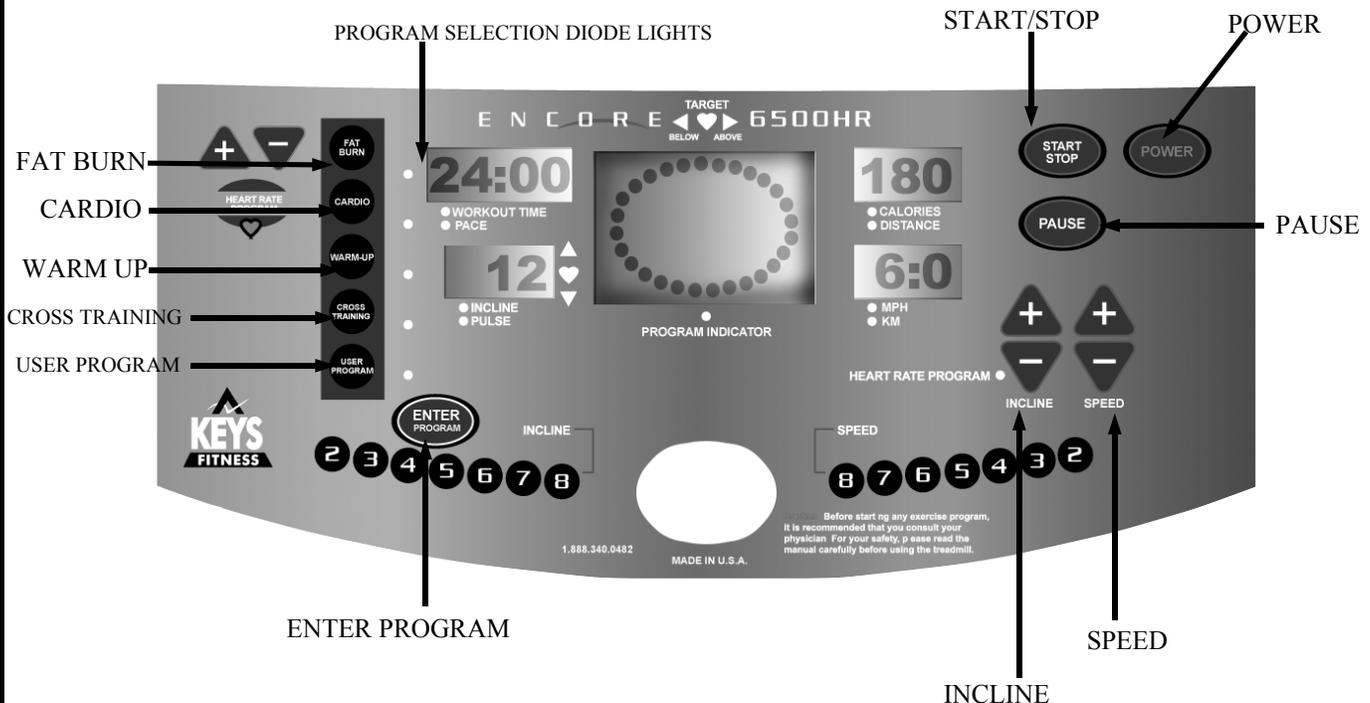
See page 16 for pictures and diagrams

EC6500HR ONLY

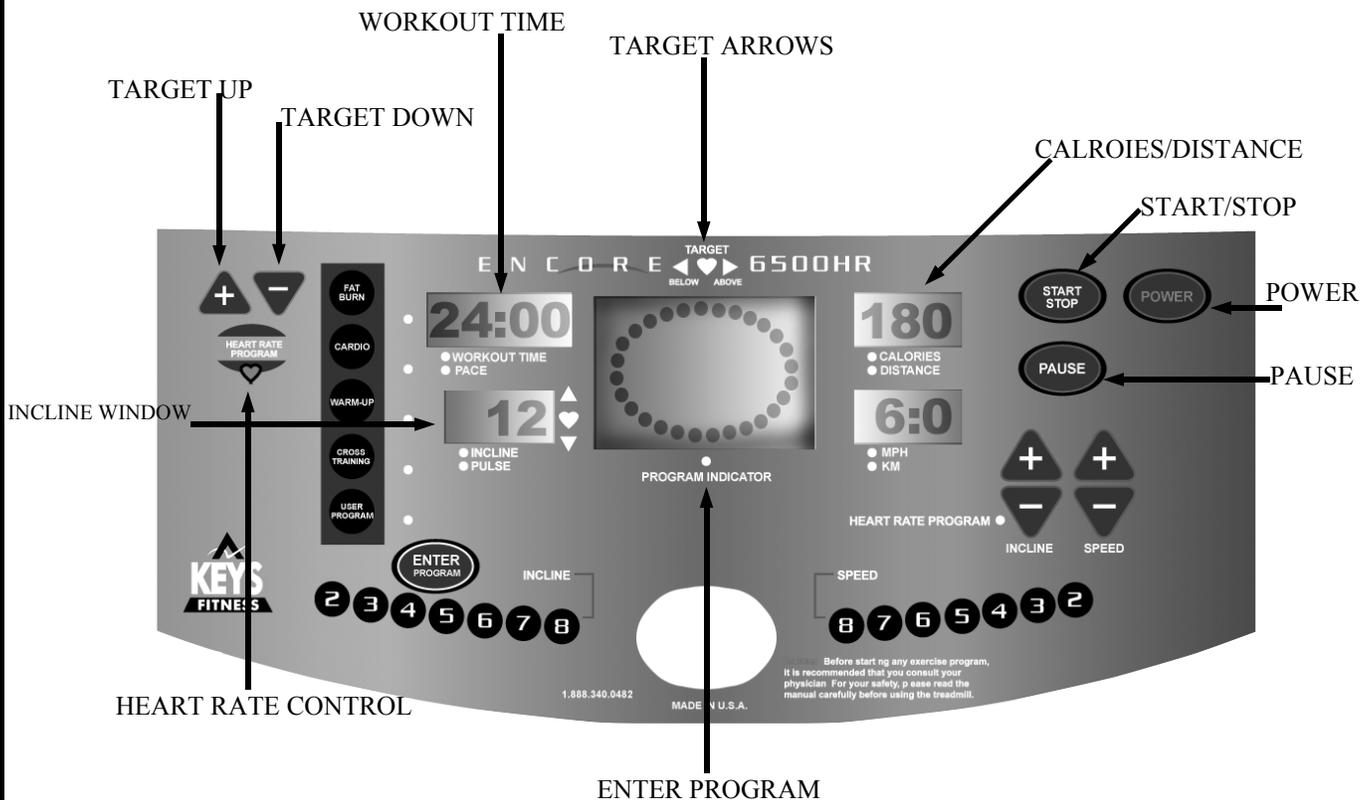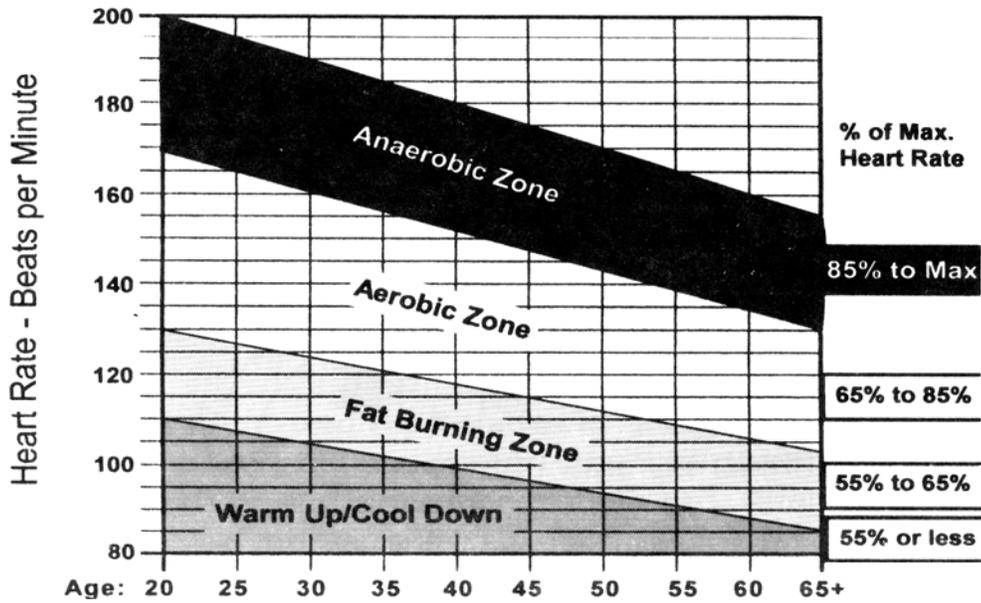## HEART RATE MONITOR MODE

      The treadmill may at any time be used in the Heart Rate Monitor Mode. If the signal from the chest strap is detected, heart rate BPM will be displayed in the INCLINE window. The incline will only be briefly displayed if manual or program changes are initiated. The Heart Rate program is designed to keep your heart at a desired amount of "beats per minute" by automatically adjusting the incline. For example, you have programmed in a desired heart rate of 125 BPM and your heart rate is only at 110 BPM. If you are wearing the Heart Rate Transmitter, correctly the incline will automatically increase to intensify the work load, causing your heart rate to slowly climb to 125 BPM. The treadmill will attempt to maintain your target heart rate through adjustments to the incline for the remainder of your workout. In the same respect, if your heart rate is above your programmed amount of BPM's, the incline will automatically decrease to lower your heart rate. You may at any time during the Heart Rate Program adjust/override the speed and/or the incline by simply pressing the correct corresponding button. You may also change your "Target Heart Rate" at any time by pressing the TARGET UP or TARGET DOWN button.
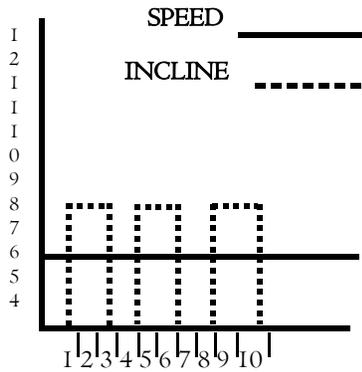
HEART RATE PROGRAM OPERATION

♦ Plug treadmill into a surge protector outlet. Attach the **Red Safety Key** on to the treadmill console.

♦ Stand on the treadmill and straddle belt. Attach safety key clip to your clothes.

♦ Press POWER button. Place the Heart Rate Transmitter strap across your chest and connect ends. (Make sure your skin is moist and the strap is snug for accurate transmission). At this time, if the display is receiving a signal from the chest strap, the incline window will begin to settle on your current heart rate.

♦ Press the HEART RATE CONTROL button to enter the electronics into the Heart Rate Program. The incline window will momentarily flash '125', which is the default program target heart rate.

♦ The TIME window will blink. Use the SPEED/TIME + or – arrows to select your workout time. Press ENTER PROGRAM.

♦ The SPEED/TIME window will then blink. Use the same + or – arrows to select the speed for your workout. Press ENTER PROGRAM.

♦ The incline window (if receiving your heart rate accurately) will show current BPM, and the small red light labeled PULSE adjacent to the incline window, will be illuminated. (If the receiver is not receiving an accurate reading, the incline window will be flashing - - - -).

♦ To adjust the pre-set target heart rate press the TARGET +/TARGET– button then press the ENTER PROGRAM button.

♦ Press START/STOP button. Belt will begin to move after 4 seconds. Step on belt slowly after the belt starts moving.

      The small light at the top of the console labeled TARGET will be illuminated if you are at your target. If you are not, the arrow shaped lights will illuminate and reflect if you are above or below your goal. If you are not within 25 BPM of your "Target heart rate" the program will not work. DO NOT STOP TO START OVER. Continue exercising and your heart rate will naturally increase. The program will continually monitor your heart rate and periodically adjust the incline up or down to increase or decrease the resistance thereby keeping you at your target zone. At the conclusion of the programmed time the TIME window will flash 00:00 and the CALORIES/DISTANCE window will continue to accumulate values. The treadmill will continue operation until the START/STOP button or the PAUSE button is pressed. Press the POWER button to turn off the treadmill.

Program Instructions Heart rate

EXERCISE TARGET ZONE CHART

ENCORE 6500HR

WORKOUT TIME

TARGET ARROWS

TARGET UP

TARGET DOWN

CALROIES/DISTANCE

START/STOP

POWER

PAUSE

INCLINE WINDOW

HEART RATE CONTROL
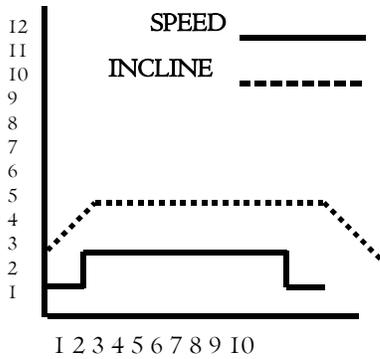
ENTER PROGRAM

Program Profiles

The **Fat Burn Program** is designed to vary the treadmill elevation, while maintaining a constant walking belt speed.
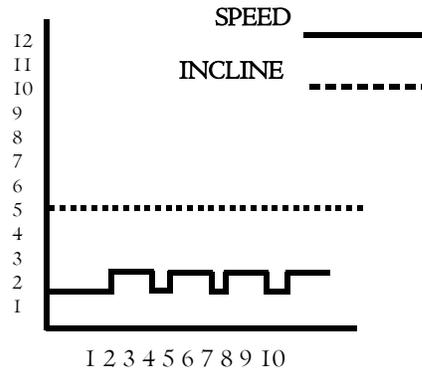
The **Cardio Program** is designed to vary the treadmill Speed, while maintaining a constant Elevation.

The **Warm Up Program** is designed to gradually increase the treadmill Speed and Elevation in the first segment (warm up) and gradually decrease the treadmill Speed and Elevation in the last segment (cool down). This is also known as a Plateau program.
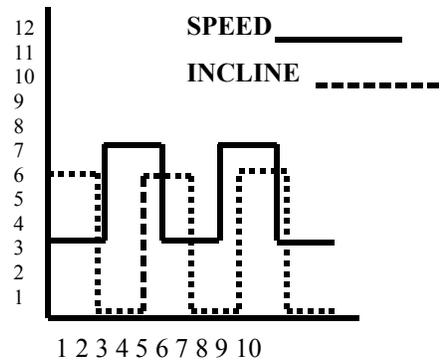
The **Cross Training Program** is designed to control the walking belt speed and elevation inversely in alternating segments.

Belt Adjustment and Tension

WARNING! Do not overtighten rollers! This will cause premature roller bearing failure!

Belt adjustment and tension performs two functions: adjustment for tension and centering. Your new treadmill comes pre-adjusted from the factory for tension and centering. Please follow the procedures below if the belt shifts to the left or right or while walking:

WALKING BELT IS SHIFTING TO THE LEFT (Diagram 1)

First, turn treadmill on to run at 1 mph. Using the hex key provided, turn the left rear roller adjustment bolt ¼ turn in the clockwise direction. Next, run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking Belt Slipping" instructions.
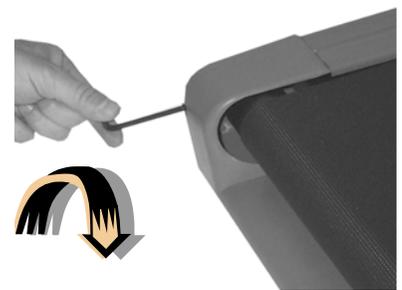
WALKING BELT IS SHIFTING TO THE RIGHT (Diagram 2)

First, turn the treadmill on to run at 1 mph. Using the hex key provided, turn the right rear roller adjustment bolt ¼ turn in the clockwise direction. Next, run the treadmill at 2.5 mph. You should see the belt start to correct itself, moving back towards the center. Repeat the above procedure until the walking belt is centered. It may be necessary to set walking belt tension once you have completed this procedure if the belt feels like it is slipping while walking. Refer below to the "Walking Belt Slipping" instructions.

WALKING BELT IS SLIPPING DURING USE (Diagram 3)

First, unplug the power cord from the surge protector. Using the hex key provided, turn both left and right rear roller adjustment bolts the same distance, usually a ¼ turn in the clockwise direction. Plug the power cord back into the surge protector and run the treadmill at 2.5 mph. You should now walk on the belt to determine if the belt is still slipping. Repeat the above procedure until the walking belt is not slipping. The tension should be just tight enough not to slip.

♦ Turning the hex key counter clockwise brings the rear rollers and belt towards you. Turning the hex key clockwise pushes the rear roller and belt away form you.

Maintenance Instructions

WARNING! Before performing any maintenance to your treadmill, always unplug the power cord from the surge protector.

CLEANING

Routine cleaning of your Keys Fitness treadmill will extend the life of your treadmill. WARNING! To prevent electrical shock, be sure the power to the treadmill is OFF and the unit unplugged from the wall electrical outlet before attempting any cleaning or maintenance.
AFTER EACH WORKOUT: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. USE NO CHEMICALS.
WEEKLY: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually makes it to underneath the treadmill. Vacuum underneath treadmill once a week.

DECK LUBRICATION

The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance.

Every 30 days or 30 hours of operation, lift the sides of the walking belt and feel the top surface of the walking board as far under as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, follow the instructions below.

KEYS recommends "Lube N Walk" for cleaning and lubricating the treadmill belt and deck. Ask your retailer or call KEYS at 800-340-0482. You may also use silicone such as "Napa 8300" (available at most stores).

TO APPLY LUBRICANT TO THE WALKING BOARD
1) Position the walking belt so that the seam is located on top and in the center of the center of the walking board.
2) Insert the spray nozzle into the spray head of the lubricant can.
3) While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 6" from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.
4) Allow the silicone to 'set' for one minute before using the treadmill.

WARNING: Do not overlubricate the walking board. Excess lubricant should be wiped off with a clean towel.
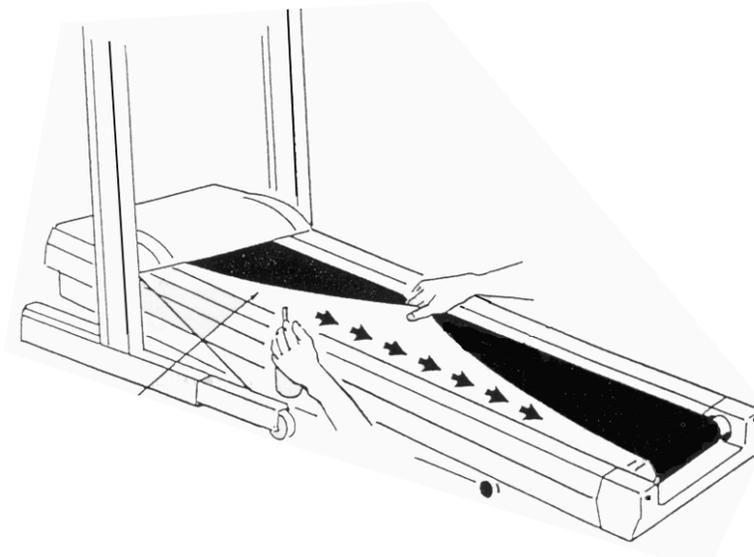
Change Miles per hour to Kilometers per hour

Your treadmill will operate in British Units (miles per hour) or International Units (kilometers per hour). All treadmills are calibrated at the factory for British Units (miles per hour). To change the display to read in kilometers, follow the steps described here:

1) Turn power OFF on the console. (Do not unplug treadmill) Attach the magnet safety key to the console.

2) Activate the calibration mode switch by inserting the eraser end of a pencil into the opening in the backside of the   console (see diagram below).

3) Depressing the calibration mode switch ONCE; CL11 should appear in the TIME window.

4) Pressing the SPEED +/- button will activate your choice.

5) To accept the setting, press the POWER button.

Troubleshooting Guide

Treadmill will not start.

1) Is the RED Safety Key Attached to the Console?

2) Make sure the power cord is plugged into a surge protector, the surge protector is plugged into a properly grounded outlet, and the surge protector is turned on. (Refer to "Power Requirements" on page 8)

3) Check the circuit breaker located on the front of the treadmill. If the switch protrudes, it has tripped. Wait five minutes and then press the switch back in.

4) Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.

5) Have an electrician check for inadequate voltage at the outlet.

Treadmill losses power during use.

1) Check the circuit breaker located on the front of the treadmill. If the switch protrudes, it has tripped. Wait five minutes and then press the switch back in.

2) Check the house electrical breaker box and the circuit breaker for the room the treadmill is located in. If it has tripped, reset or have an electrician replace the breaker in home.

3) If treadmill still will not operate, please call Keys Technical Service at (888) 340-0482.

Treadmill walking belt slows during use.

1) Check to make sure the treadmill is securely plugged into an UL-listed surge protector, rated at 15 amps, with a 14-gauge cord of five feet or less and the surge protector is securely plugged into the outlet.

2) If treadmill still will not operate, please call Keys Technical Service at (888) 340-0482.

Treadmill walking belt slips or is not centered on rear roller.

1) Refer to "Belt Adjustment and Tension" section on page 13.

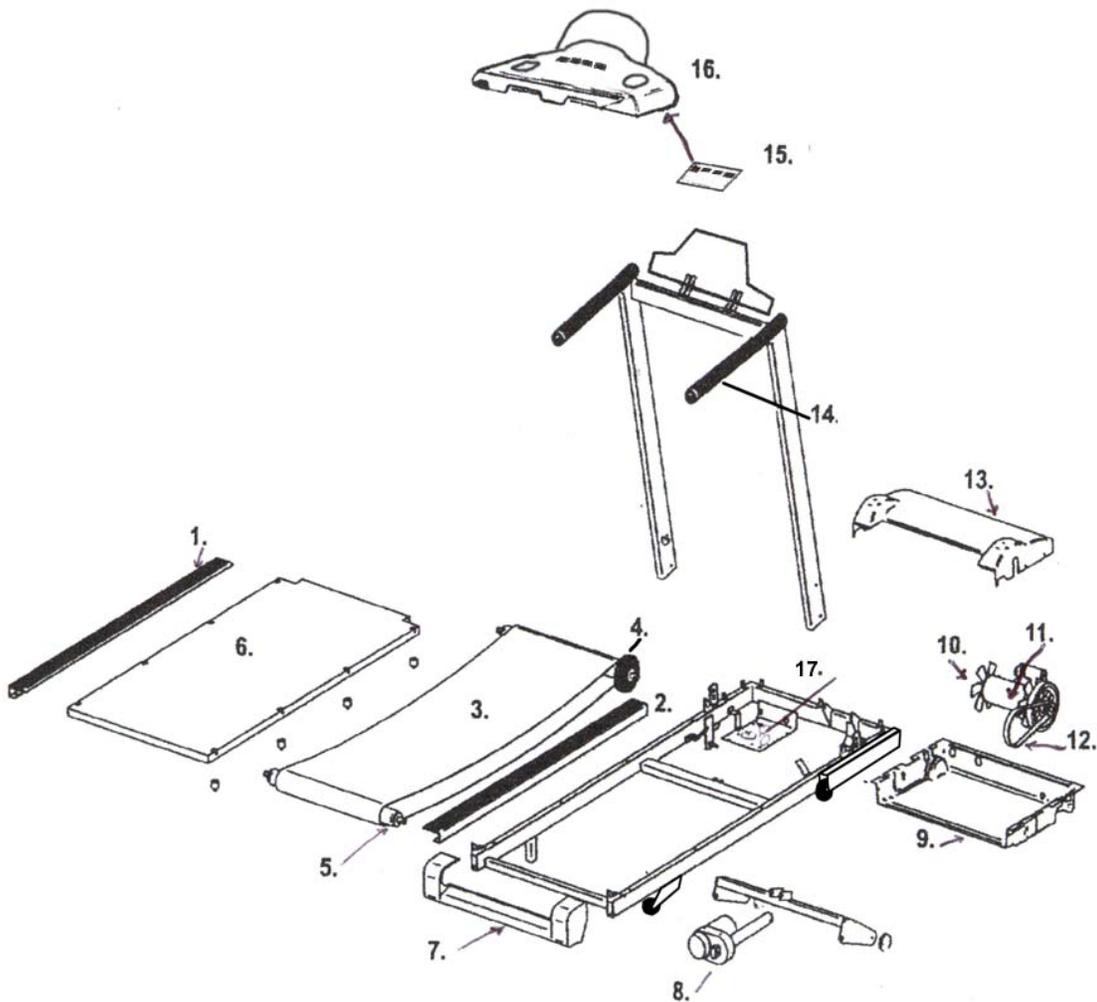2) Need help? Call Keys Technical Service at (888) 340-0482.

Treadmill Error Messages.

Your treadmill is equipped with a software package that enables error messages to be displayed when there is a problem. **To avoid possible damage to the treadmill and the possibility of injury, do not operate the treadmill until the problem is corrected. Call Keys Technical Service at (888) 340-0482.**

1.   05-0041-Extrusion side board deluxe/left
2.   05-0041-Extrusion side board deluxe/right
3.   04-0019-Belt walk spliced 19.51 x 113.75WW
4.   24-0176-Front roller assembly
5.   09-0020-Rear roller assembly
6.   03-0014-Walking board
7.   06-0159-End cap
8.   12-0022-Actuator 400lb Maytech
9.   06-0170-Motor base pan
10.   06-0079-Small motor fan
11.   12-0033-Motor MCM 2.0HP
12.   04-0004-Poly V belt 190J8
13.   06-0169-Motor cover w/wings
14.   10-0013-Hand grips
15. & 16.   14-0353 & 24-0190 Console assembly
17.   08-0115-Motor controller

1.   05-0041-Extrusion side board deluxe/left
2.   05-0041-Extrusion side board deluxe/right
3.   04-0019-Belt walk spliced 19.51 x 113.75WW
4.   24-0176-Front roller assembly
5.   09-0020-Rear roller assembly
6.   03-0014-Walking board
7.   06-0159-End cap
8.   12-0022-Actuator 400lb Maytech
9.   06-0170-Motor base pan
10.   06-0080-Small motor fan
11.   12-0023-Motor MCM 2.5HP
12.   04-0004-Poly V belt 190J8
13.   06-0169-Motor cover w/wings
14.   10-0020-Hand grips
15. & 16.   14-0380 & 24-0197 Console assembly
17.   08-0122-Motor controller
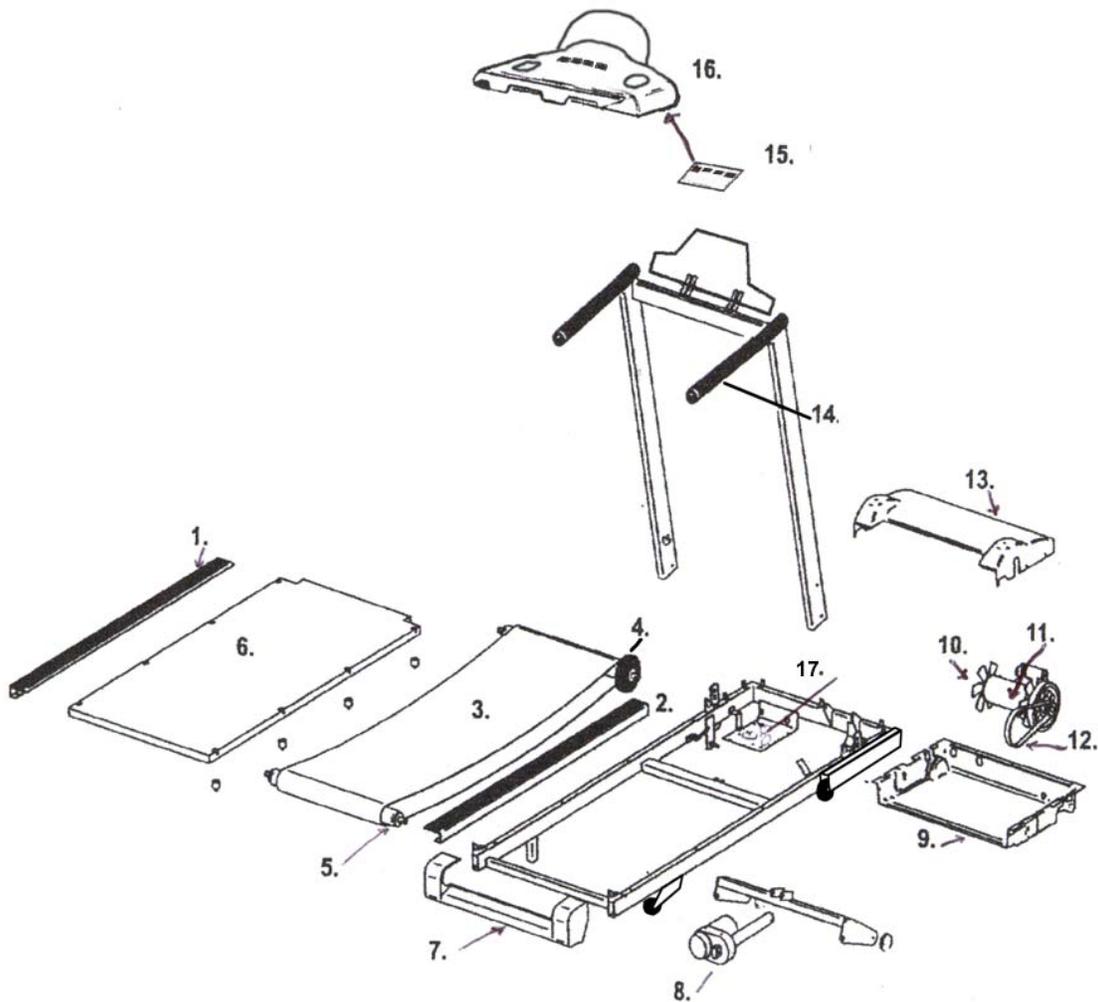
EC4500/6500HR PARTS LIST

PART #	DESCRIPTION	QTY	PART #	DESCRIPTION	QTY	PART #	DESCRIPTION	QTY
02-002A	SPRING DECK LIFT	4	06-0140	INSERT LED FOR CONSOLE	1	06-0144	PULLEY DRIVE 2.5" 8 GROOVE	1
02-0004	SCREW-8x5/8 PHIL PH AB BLACK	9	06-0170	BTM PAN FR FOLD BLK VO	1	08-0089	MEMBRANE LED/LCD POWER	1
02-0005	SCREW-8x5/8 PPH HILO BLACK TPB	11	06-0171	PLUG 1/2" HEYCO BLACK	1	08-0123	MEMBRANE 5WIN LED PROG WEE/ALL	1
02-0007	NUT 5/16-18 NYLOCKZP	2	08-0004	BREAKER-CIRCIT-15AMP	1	09-0021	ROLLER FRONT 2.5x22.93: FOLD	1
02-0009	NUT-HEX 5/16 WIZ-FL-LK-ZP	4	08-0047	ENCODER-OPTICAL-ALEPH	1	13-0018	SWITCH REED SD1951 TREMINATED PS500	1
02-0011	WASHER FLAT 5/16 16GA ZP USS	9	08-0077	CORE-ERRITE	1	14-0026	DECAL WARNING CONSOLE ALL GRAY	1
02-0013	WASHER LOCK 1/4"	16	10-0001	RUBBER BUMPER-OBS	2	14-0027	DECAL EMERGENCY STOP RED	1
02-0018	NUT-PUSH 3/8 HAT BLACK 375012	4	10-0016	FOAM GRIP 13"	2	14-0347	DECAL OPERATION WEDGE/WEEBOK CSL	1
02-0019	BOLT-CARRIAGE 10-24x1 1/2	4	10-0017	TAPE-FOAM-1"X75ft	1	14-0353	OVERLAY CONSOLE EC4500C	1
02-0020	SCREW-SHCS 1/4-20x2 1/2"	2	10-0018	SPEED BULLET GROMMET	1	14-0363	DECAL WARNING FOR NEW FOLD	1
02-0021	WASHER 9/32 5/8 1/8THICK ZP	2	10-0026B	FOAM BLOCKS 3x3x3 R-65	3	15-0112	MANUAL INST HT700	1
02-0022	NUT-NYLOCK HEX 10-24	4	10-0027	ISOLATOR BOARD 17/32" W/LONG STUD	8	17-0005	RND 1.52x16GAx17.5	2
02-0024	CARRIAGE BOLT 5/16x1 GRADE 5 ZP	4	10-0031	TAPE FOAM 1/16x1" ON SHEETS	1	17-0009	RECT 1 1/2x3x16GAx23	2
02-0027	NUT-T HF 14209H-DB	16	11-0013	AXLE- WHEEL - 2 3/8"	2	17-0064	RECT 1.5x4x16GAx85.625" CUT 2PCS	1
02-0028	SWITCH-MAGNETIC KILL-YIHAN	1	11-0020	PIVOT PIN FOLD 3/8" & CHAMFER	2	17-0067	RECT 1.25x2.5x16GAx28.44	1
02-0036	SCREW-PPH 8x5/8 GREEN HEAD	1	11-0022	BUSHING KEYED	9	17-0068	RECT 1x2x12GAx28.44	1
02-0038	WRENCH-ALLEN 3/16 SHAFT ARM	1	11-0023	FLYWHEEL 1.125 10MPH FOR 2.5 ROLLERS	1	17-0071	RECT 1x3x16GAx25.19	1
02-0050	NUT-NYLOCK HEX 1/4-20	4	12-0022	ACTUATOR 400LB -MAYTECH	1	17-0077	RECT 1x3x16GAx28.44	1
02-0058	WASHER-FLAT NYLON 3/8	2	12-0033	MOTOR MCM BLK CHROME 2.5HR	1	17-0079	RND 0.5x18GAx100(CUT 32 PCS)	1
			13-0003	HARNESS-ENCODER	1	17-0081	ROD 5/16x20FT CUT TO 17 1/2"	1
02-0092	SCREW PHTR#8x2/4"AB BLACK	8	13-0011	CORD-POWER-90"	1	19-0107	SLUG-EMERGENCY STOP	1
02-0119	SCREW-HEX HD 1/4-20x3 1/4"	8	13-0045	JUMPER WIRE FOR SPEED BULLET	1	19-0118	PLATE CONTROLLER	1
02-0141	PUSH NUT BLACK.112 SHAFT	6	13-0046	HARNESS CONTROLLER 80"	1	19-0162	PLATE CONSOLE WEEBOK	1
02-0143	HEX BOLT 1/4-20x1"	8	13-0047	WIRE JUMPER 15"	1	19-0164	BRKT SWING ARM	2
02-0145	PIN COTTER 1"	2	14-0028	DECAL-INCLINE REMOTE	1	19-0165	BRKT ACTUATOR PIVOT	2
02-0146	BOLT SHCS FULL TRD 1/4-20 X 1 3/4	1	14-0205	DECAL-DISCONNECT MOTOR COVER	1	19-0167	BRKT FRONT FRAME PIVOT	2
02-0147	BOLT CRG FULL BODY 5/16-18 X 1"	9	14-0321	DECAL 10YR MOTOR WARRANTY	1	19-0168	BRKT "U"FOR ACTUATOR	1
02-0149	BOLT CRG 5/16-18 X 1 3/4 GRADE 5	2	14-0363	DECAL WARNING FOR NEW FOLD	1	19-0169	BRKT RT SPRING	1
02-0150	FOOTLATCH SRING ASSEMBLY	1	14-0367	DECAL FOR EXT BOOT BLACK	1	19-0170	BRKT MOTOR FRAME HINGE	2
02-0151	BOLT SHOULDER SHSB 3/8 X 3/8" 5/16-18	1	14-0381	DECAL MOTOR COVER EC4500C/6500C	1	19-0171	BRKT SPRING TUBE	1
02-0152	WRENCH-ALLEN 3/16" 4"T-HANDLE1	1	16-0070	BOX TOP 20"FOLD	1	19-0180	BRKT ELEVATION HINGE	3
02-0153	SCREW #8x1/2 BLK	1	16-0071	BOX BOTTOM 20"FOLD	1	19-0182	BRKT LT SPRING	1
03-0014	WALKBOARD KORETRON 56" FOLD	1	16-0072	PAD SIDE LT&RT 20"FOLD	1	19-0183	BRKT MOTOR SHELF	1
04-0004	BELT- POLY V- 190J8	1	16-0073	PAD END LT&RT 20" FOLD	1	19-0188	BRKT SPEED BULLET	1
04-0019	WALKBELT 1PLY 19.51 X 113.75 FOLD	1	16-0074	PAD "U" BACK/FRONT 20" FOLD&CONV	2	19-0188	BRKT SPEED BULLET	1
05-0041	EXTRUSION SIDE BRD L&RT 56"FOLD	1	17-0063	RND 1.315x11GAx24.94"	1	19-0194	BRKT CONSOLE STIFFNER WEEBOK CONSOLE	1
06-0004	PLUG-BASE 1.5 X 3" -16GA	4	17-0069	RECT 1x1.5x12GAx41.75	1	20-0095	PROC RT U/R 17-0064	1
06-0012	WHEEL 3"	2	17-0070	RECT 1x3x16GAx50.75	2	20-0096	PROC LT U/R 17-0064	1
06-0014	BUSHING-STRAIN RELIEF #1237	1	17-0072	SQ 1x1x18GAx5.19	1	20-0099	PROC MOTOR FRAME TUBE 17-0069	1
06-0016	TIES-WIRE	7	18-0005	ROD-AXLE 3/8x2"	2	20-0101	PROC ELEV SUPPORT 17-0068	1
06-0021	CLAMP WIRE 3367 7/16	1	19-0015	BRKT-MOTOR COVER	2	20-0106	PROC RT BASE TUBE 17-0009	1
06-0022	GUIDE-RESET TUBE	1	19-0019	GUIDE BELT GALVANIZED	2	20-0107	PROC LT BASE TUBE 17-0009	1
06-0024	CLIP-ALLEN WRENCH	1	19-0039	BRKT REAR WHEEL CONV	2	20-0109	PROC BASE BRACE 17-0081	1
06-0029	SPACER- WHEEL-3/16	4	19-0156	BRKT REAR ROLLER 2 1/2	2	20-0114	PROC H-BAR REMOTE WEEBOK 17-0005	2
06-0079	FAN- MCM MOTOR-5" W/ 1/2" SHAFT	1	19-0173	BRKT LINKAGE	2	21-0043	UPRIGHT ANGLE CUT 17-0064	2
06-0084	BAG-PLASTIC 12x12 3MIL-INST PACKET	1	19-0174	BRKT RT FRONT ROLLER ADJUSTMENT	1	21-0044	BASE BRACE INSIDE PUNCH	1
06-0090	WHEEL- 2 3/8" (SNAP ON)	4	19-0175	BRKT DECK FRAME HINGE RT	1	21-0045	ELEV SUPPORT CORNERS CLIPPED 17-0068	1
06-0149	SHEET BOTTOM FOR FOLD BLACK	1	19-0176	BRKT DECK FRAME HINGE LT	1	21-0049	STIFFNER NOTCHED	1
06-0150	WEEBOK 5WIN FOLD&CONV BLK	1	19-0177	BRKT CHANNEL SUPPORTS	2	21-0053	INSIDE CUT 17-0079	1
06-0159	END CAP SUAL BLK	1	19-0178	BRKT BELTGUIDE	1	21-0055	INSIDE CUT RD 1-0081	1
06-0165	RT EXT BOOT BLACK	1	19-0181	BRKT LT FRONT ROLLER ADJUSTMENT	1	21-0057	INSIDE CHANGEON ELEC FOR PACE	1
06-0166	LT EXT BOOT BLACK	1	19-0189	BRKT MAGNET	1	22-0080	BASE TUBE SUB-ASSEMBLY	1
06-0169	COVER FOR MOTO NEW FOLD BLK VO	1	19-0193	BRKT REAR ROLLER FOR 20"BELT	1	22-0083	BASE ELEVATION SUB-ASSEMBLY	1
07-0029	ELECTRONICS LED 5 WIN	1	20-0100	PROC DECK FRAME RT&LT 17-0070	2	22-0084	U/R SUB-ASSEMBLY NEW FOLD-WEEBOK	1
08-0101	SPEED BULLET	1	21-0046	REAR BRACE TUBE CLIPPED 17-0072	1	22-0087	RT SPRING BRKT ASSEMBLY	1
08-0115	CONTROLLER 08-0050 W/OUT SWITCH	1	21-0050	INSIDE PUNCH FRT BRACE	1	22-0088	LT SPRING BRKT ASSEMBLY	1
08-0121	MAGNET & HOUSING	1	22-0089	RT DECK FRM HINGE ASSEMBLY	1	23-0109	MOTOR FRAME ASSEMBLY NEW FOLD	1
09-0020	ROLLER REAR 2.5"X24.5" CONV/FOLD	1	22-0090	LT DECK FRM HINGE ASSEMBLY	1	23-0111	UPRIGHT ASSEMBLY NEW FOLD-WEEBOK	1
10-0004	FOOT- RUBBER	2	23-0106	DECK FRAME ASSEMBLY NEW FOLD	2	24-0176	FRONT ROLLER ASSEMBLY	1
24-0190	CONSOLE ASSEMBLY EC4500C	1	23-0108	ELEVATION ASSEMBLY NEW FOLD	1	26-0089	INST PACKET HT700	1
*02-0040	RETAINER GUIDE TUBE	1	*08-0027	SWITCH REMOTE W/HARNESS	2	*14-0380	OVERLAYCONSOLE EC6500C	1
*06-0029	SPACER-WHEEL 3/16	4	*08-0122	CTRL 08-0051 NO MERCURY SWITCH	1	*24-0197	CONSOLE ASSEMBLY 6500C	1
*06-0080	FAN 5'X8mm BORE SCREW ON	1	*11-0016	FLYWHEEL 10MPH MCM	1	*07-0050	ELEC. 5WIN LED GREEN W/MEMBRANE	1
*14-0024	DECAL-SAFETY LATCH-ALL FOLDS	1	*14-0351	DECAL SPEED SERIGRAPH	1	*15-0111	MANUAL INST DCV415/560HR	1

Keys ENCORE 4500/6500HR Treadmill **KEYS FITNESS PRODUCTS, LP – LIMITED WARRANTY**

PLEASE CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT.

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period on the EC4500/EC6500HR to the original purchaser is (lifetime) on the frame, (10) years on the motor, (2) years parts, and (2) year labor.

Keys warrants that the Product you have purchased for non-commercial, personal, family, or household use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of the date of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts. This Limited Warranty becomes VALID ONLY if the treadmill is assembled/installed by a Keys Fitness authorized dealer/technician unless otherwise authorized by Keys Fitness in writing (if anyone other than a Keys Fitness authorized dealer/technician assembles a Keys Fitness treadmill the warranty will be void unless accompanied by written authorization by Keys Fitness).

During the warranty period Keys will at no additional charge, repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal non-commercial, personal, family or household use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

To obtain warranty service, you must contact a Keys authorized service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product be submitted for warranty service be found ineligible therefore, an estimate of repair cost will furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR TREADMILL WITH KEYS FITNESS PRODUCTS, LP. MADE IN THE USA. Thank you for your business! PLEASE MAIL WARRANTY CARD TO: KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355.

KEYS FITNESS TREADMILL WARRANTY REGISTRATION

TELEPHONE

FIRST   M.I.   LAST

ADDRESS   APT. NO.

CITY   STATE   ZIP

DATE OF PURCHASE   MODEL NO.   SERIAL NO.

Name of store or company where purchased:

How do you plan to use the treadmill?
Walk_____   Run_____   Both_____

Who will use the treadmill?
Male_____   Female_____   Both_____

How many family members? _____

AGE: 15-24_____   25-34_____
35-44_____   45-54_____
55-64_____   65 +_____

Where did you learn about treadmills?
TV_____   Radio_____   Friend_____

In Store Display_____   Salesperson____

Print ad/flyer_____   Internet_____

Why did you purchase a treadmill?

Dr.'s Orders_____   Loose Weight_____
In-home convenience_____
Improve Cardiovascular Fitness____
Safety from outdoors_____

Other _____

How important are each feature:
Least   Most
Unique Features
Horsepower
Warranty
Price
Look/Design
Folding Feature

Other Comments:
_____
_____
_____
_____
_____
_____

KEYS FITNESS respects the rights of your privacy. Our company will not sell or distribute to others the information above. This information is used to track our product quality and to contact you in the event of a product safety concern. It may be used to offer you future Keys products only through the mail. Please check here if wish not to receive any additional information on Keys products.